**December Daily Dash 2020 – Training Tips from Running With Us**

This is a month of running, jogging or walking, not a spring. Take it easy and build up slowly; don’t overdo it early on. Have patience.

Spoil yourself and go for a proper gait analysis shoe fitting well before you begin. What works for one doesn’t work for another so make sure your footwear is suitable for you, and most importantly is comfortable!

Add some speed work for a fast time. Training for something else? Not got much time today? Interval or Fartlek runs will help you buyltd up your stamina and pace. There are plenty of different types of effort you can be doing within your runs that bring different benefits. [Take a look at our running glossary.](https://www.runningwithus.com/glossary)

Find a training partner. It’s much harder to skip a day’s dash when someon’s waiting for you to turn up. It’ll also keep you focused on getting out in the rain or snow!

Track your progress. Log your training to see the improvements you’tre making and be inspired by other dashers too. Join our Tema Incredible Strava group below.

Don’t neglect res and recovery – however much the training is important, it won’t last nor will you get faster and fitter if you don’t rest, so be aware of what you are doing the other hours of the day to make sure rest is at its best! [Take a look at our sleep tips.](http://www.runningwithus.com/sleep)

Strength and conditioning is also a must to stay injury free! It doesn’t need to take hours, nor do you need to hit the gym. Have a look at our [strength training ideas](https://www.runningwithus.com/strength-training) and our [getting to the core guide](https://www.runningwithus.com/post/2016/07/14/getting-to-the-core).

Don’t ignore the warning signs of niggles. If there is an ache or pain one side and not the other, chances are something is occurring. Please don’t ignore this! Pull back the effort of your run and get to see a specialist ASAP.

Avoid two hard back to back days. If you give it some effort one day, alwauys make sure the next day is a very easy run or walk.

Stretch! As boring as it can be sometimes, it’s vital to help with injury prevention. Hold each stretch for 45-60 seconds. [Have a look at our guide here](https://www.runningwithus.com/stretching).

Nutrition and hydration are also a key part of your training. Refuel with good sources of quality carbohydrates and repair and regrow those muscles with good sources of quality protein. Aim for 10 portions of fruit and vegetables a day. Variety is key! Mix it up frequently. [Take a look at our nutrition tips](https://www.runningwithus.com/stretching).